

# Swim Meet Guidelines

## Weather Cancellations and Notifications

Rain or shine, meets will usually occur. Thunder or lightning will delay a meet for 30 minutes, per incident. Meets can only be cancelled based upon mutual consent of the two teams. If a meet is cancelled, it can be made up at the discretion of the team representatives. Weather delays and lack of deck lighting disproportionately impact Wednesday night meets, sometimes forcing a meet to be “called” (or ended) before all events are completed.

A text or e-mail notification will be sent to parents to inform of meet delays or cancellations. As much as possible, the timing for such messages will be planned for receipt within 30 minutes of a pool deck report time. There will be instances in which the meet is not called until after everyone is on deck for warm-ups.

## Swim Meet Protocol

- Good sportsmanship must be practiced at all times.
- Swimmers must arrive at the pool at the time designated by the coach, but at a minimum 15 minutes before the scheduled warm-up time.
- Swimmers must report directly to the Stingrays (SAR) team area upon arrival.
- Swimmers should arrive wearing their team T-shirt over a swimsuit, along with a team cap (hairbands), goggles, and towels.
- Swimmers must remain in the team area during the meet. This ensures the coaches can locate them and get them to their events on time. If a swimmer needs to leave the team area (to use the rest-room) they should inform a coach.
- Parents may visit their swimmers in the team area.
- When a swimmer’s event is posted, a coach will distribute event cards to those scheduled to swim.
- Once the swimmer has an event card, they will proceed to the Clerk of Course when directed by the coach.
- The volunteers in the Clerk of Course area will put swimmers in their lane order. Lanes will typically alternate home and visiting swimmers.
- A volunteer will then walk each heat of six swimmers, in lane order, to chairs directly behind their assigned lane.
- Swimmers will sit behind their lane and move forward as the heats in front of them swim.
- When the swimmer's heat is called by the official, the swimmer will come up to the edge of the pool for the start of race.
- When a swimmer completes their race, they **MUST** remain in the water until the last swimmer in their heat touches the wall. Not doing so may result in the swimmer being DQ'd.

## Swim Meet Guidelines

- **It is good sportsmanship to shake hands with the swimmers on either side and say something like “good race”. Once the last swimmer has touched the wall, swimmers should exit the pool.**
- Upon exiting the pool, swimmers may ask the timers for their time.
- Swimmers can touch base with their parents and then proceed back to the team area until their next event.
- At Wednesday “B” meets, swimmers may leave after finishing their events, after informing the coach. However, parents who have volunteered to remain at the meet must stay.
- At Saturday “A” meets, participating swimmers are expected to stay until the end of the meet to cheer for their team.
- Swimmers can bring games, cards, music to pass the time while waiting for their events.
- Water, Gatorade, and chocolate milk are recommended beverages to drink during a meet.
- No candy or other unhealthy food/beverages (donuts/soda) should be eaten until a swimmer has completed his/her last event. The coaches pay close attention to this guideline, as such food will have adverse impact on a swimmer’s performance.